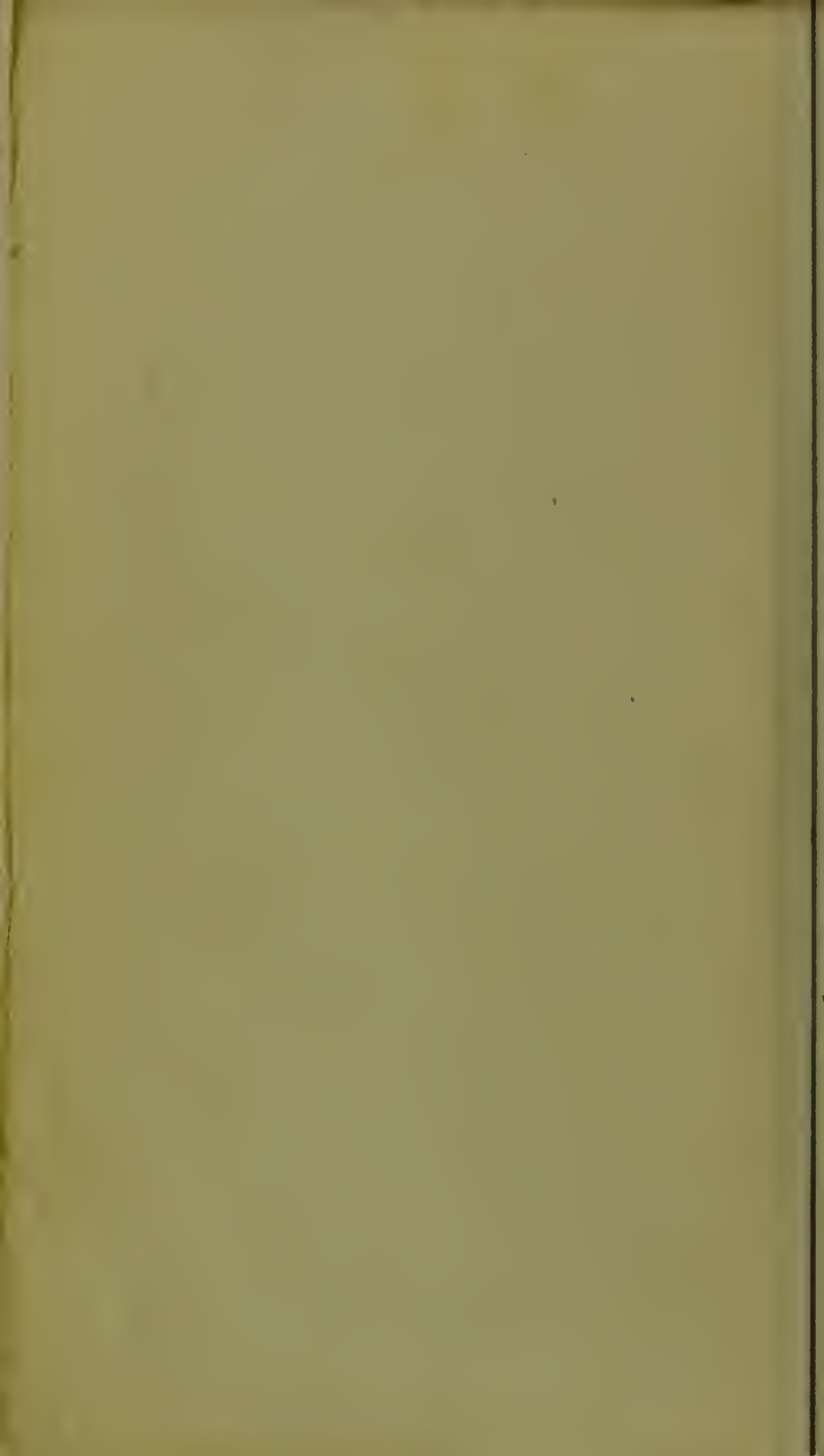




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## INSTRUCTIONS

FOR THE

**Relief of the Sick Poor,  
IN SOME DISEASES***Of frequent Occurrence:*

ADDRESSED

TO A PAROCHIAL CLERGYMAN,

RESIDING

*AT A DISTANCE FROM PROFESSIONAL AID.*

By A PHYSICIAN.

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*SECOND EDITION.*

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# CONTENTS.



	<i>Page.</i>
SECTION I.—Of FEVER - -	9
Of Common Contagious Fever, called Typhus -	<i>ib.</i>
Of Rheumatic Fever, and its sequel, Chronic Rheumatism - - - - -	13
SECTION II.—Of some of the most frequent INTERNAL INFLAMMATORY AFFECTIONS -	17
Of Inflammation of the Lungs, including Peripneumony and Pleurisy - - - -	18
Of Catarrh - - - - -	19
Of Pulmonary Consumption - - - -	21
Of Inflammation of the Bowels - - - -	26
Of Sore Throat - - - - -	28
Of Inflammatory Sore Throat, or Quinsy -	<i>ib.</i>
Of Ulcerated Sore Throat, or Putrid Sore Throat -	30
SECTION III.—Of some DISORDERED CONDITIONS OF THE STOMACH AND BOWELS -	34
Of Looseness, or Diarrhæa - - - -	<i>ib.</i>
Of Constipation of the Bowels - - - -	36
SECTION IV.—Of DENTITION, WORMS, and SCROPHULA - - - - -	37
APPENDIX.—Of the PRECAUTIONS to be adopted for PREVENTING THE SPREAD OF CONTAGION	43
TABLE OF WEIGHTS AND MEASURES - - - -	47





## PREFACE.

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A CLERGYMAN of the Established Church—the Author's particular Friend—residing in a part of the country where Medical Assistance cannot always be promptly and punctually obtained for the poorer inhabitants, when suffering from sickness, having expressed a wish to be provided with some Instructions, by which he might be enabled to afford relief on such occasions—the contents of the following pages (some subsequent additions excepted,) were communicated to him in writing, for his own private accommodation. On perusing them, his Friend thought they might, if printed, be useful to many Parochial Clergymen similarly circumstanced with himself. They have, therefore, been committed to the press.

UNDOUBTEDLY an active, benevolent, well-informed Clergyman, may render essential services to the Poor of his parish, when languishing on the bed of sickness. While he administers the balm of spiritual consolation to their depressed minds, or disturbed consciences, he can at the

same time alleviate their bodily sufferings. He can make them sensible of the advantages of *cleanliness*; he can warn them against the baneful effects of *spirituous liquors* and *strong cordials*, to which they so generally have recourse in the beginning of every illness; and, by his mild but impressive expostulations, putting down the prejudices which the lower orders of society entertain against *ventilation*, he can, in FEVER CASES, cause the doors and windows of the sick-chamber to be 'thrown open, that the cooling salutary breezes from without may have access to them.

AND, whenever the COMMON CONTAGIOUS FEVER of this Climate, termed TYPHUS, makes its appearance among his Parishioners, how much is it within the power of a Clergyman, possessing the characteristics above-mentioned, to suppress the CONTAGION at the very onset, by carrying into effect the precautions detailed in the Appendix?

BUT although it be so much within the power of the Members of the Clerical Profession to render important services, not only to the Sick Poor, but to the community at large, in the instances above stated; yet the Author wishes it

to be distinctly understood, that he disclaims all idea of rendering them competent to distinguish and treat every complicated form and variety of disease; both acute and chronic. Vain, indeed, would be such an attempt. This small Tract is not to be considered in the light of a popular System of Physic. All that the Author professes, is to offer to a superiorly educated class of society—men trained to thought, and exercised in discrimination—a concise Description of some of the most urgent and most frequent Ailments to which the human frame, especially in the labouring classes of the community, is liable, subjoining the appropriate Dietetic and Medicinal Treatment—that when the attendance of the Parish Apothecary cannot be obtained, they may occasionally supply his place, and be the means of saving a fellow-creature from perishing.\*

\* The Author has been particular in mentioning the DIET adapted to each form of disease, this being a subject about which Parish Apothecaries give themselves very little trouble, although medicine will rarely be of much avail without it. Moreover, it is in this neglected department of the cure that a Clergyman, obtaining the requisite culinary preparations from charitable families in the neighbourhood, may be the instrument of unspeakable benefit to the sick cottager.

It is further to be remarked, that every opportunity should be seized of dissuading the Poor from the use of TEA—that *Lerna malorum*—especially as a breakfast. Where milk cannot be had, *Broth* (made from a small quantity of any kind of butcher's meat) thickened with oatmeal, and flavoured by boiling in it

WITH regard to the *Receipts* or *Prescriptions* inserted in the following pages, no particular skill in pharmacy is required for preparing them. They are of the simplest and least expensive kind—two points which should always be kept in view when we prescribe for the Poor: and, truly, the *facile parabilia medicamenta* are generally the best.

VACCINATION being now generally adopted, it was deemed superfluous to introduce any remarks in recommendation of it.

July 5th, 1819.

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N. B.—WHENEVER bleeding or any other manual operation is directed, the presence of the Medical Officer for that purpose will be requisite, though his subsequent attendance (supposing the medicines to act favourably) may be dispensed with.

any of the common kitchen-vegetables, should be recommended in lieu of the Chinese beverage. By such a change in diet, two most important advantages will be gained; namely, *better health, and more money remaining* for the purchase of bread, meat, fuel, clothing, and other articles of the first necessity.

# INSTRUCTIONS, &c.

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**W**HENEVER you would relieve a Sick Person, endeavour to ascertain

I—Whether he is affected with FEVER?

II—Whether he is affected with INFLAMMATION OF ANY PARTICULAR ORGAN OR VISCUS?

III—Whether his STOMACH AND BOWELS ARE DISORDERED?

## SECTION I.

The presence of FEVER will manifest itself by the patient being at one time chilly, at another time hot; by pain in the small of the back; by more or less of head-ach, with loss of appetite, restless nights, tongue either white or yellowish brown, skin hot and dry, thirst, and quick pulse.

Under these circumstances, you should direct the patient to be kept as cool as possible. In the way of diet, to have nothing for some days but gruel and toast-and-water; to drink freely of the latter beverage;—dilution, with proper evacuations, being the main point in the treatment of fever at its onset.

Should the patient\* complain of a bad taste in the mouth, and a load at the stomach, give a scruple, (i. e. 20 grains) of *Ipecacuanha* in powder, to produce vomiting; but if it should appear that the stomach is not particularly disordered, the *Emetic* may be omitted, and the attention should be directed to the state of the bowels.

If the bowels be not spontaneously open, give five grains of *Submuriate of Mercury* (Calomel), and ten grains of *Jalap*; and, two hours after, half an ounce of *Sulphate of Magnesia* (Epsom Salts), dissolved in a quarter of a pint of thin gruel or warm water; and if these medicines do not operate in the course of six hours, repeat the dose of the *Salts* without the *Mercurial Purge*.

Having procured evacuations from the bowels, let some *Cream of Tartar* be added to the patient's common drink—gruel or toast-and-water—the next day; viz. a tea-spoonful of Cream of Tartar to every fresh pint of the gruel or water; and for this purpose, let the patient be provided with an ounce of Cream of Tartar, to serve for several days.

If the patient's skin be very hot and dry, you should direct the face, neck, breast, arms, and

\* Where the contrary is not expressed, the patient is supposed to be adult, and the doses of the medicines are proportioned accordingly.



hands, to be briskly spunged twice in the twenty-four hours with cold water; but this treatment, termed cold ablution, is not to be resorted to where the fever is accompanied with cough, or with rheumatic swellings and pains of the joints; nor while the skin is in a perspiring or moist state. In winter, tepid water may be used instead of cold water; and a small quantity of vinegar is often an useful addition to it.

When there is violent head-ach, with much heat of the forehead, and strong pulsation of the temporal arteries, four or five leeches should be applied to each temple; and after the bleeding from the leeches is over, a towel dipped in cold water should be applied to the forehead, and be renewed as often as it becomes dry: and if, notwithstanding the application of leeches, the pain should still continue urgent, six or eight ounces of blood should be drawn from the arm.

This mode of treatment continued for five or six days, generally produces an abatement of the fever; in which case little more will remain to be done, than to prescribe a lightly supporting diet, consisting of arrow-root-jelly, panada, with baked or thoroughly ripe sub-acid fruits.

In case of profuse sweats, give fifteen or twenty drops of the *Diluted Sulphuric Acid*

every four or six hours, in a wine-glassful of cold water. And at this period of the disease, if languor and faintness supervene, with a soft and frequent pulse, allow small quantities (a table-spoonful) of *Red Port Wine* diluted with an equal quantity of water, four or five times in the twenty-four hours; or, in lieu of Port Wine, a double quantity of Perry or Cyder.

When the tongue becomes clean, and the appetite returns, the convalescent (who is supposed to be able to sit up) may partake of solid animal food, and malt liquor. To promote digestion he may take a wine-glassful of *Chamomile* and *Ginger Tea* (cold), twice a-day.\*

But if the fever, instead of abating after five or six days, should increase, and *Delirium*, *Stupor*, *Vomiting*, or other alarming symptoms should come on, you must then call in some Medical Practitioner, and be guided by him.

Such is the treatment of Continued Fever (*Synochus*.) If the fever be accompanied by contagion (in that case denominated Typhus Fever,) the method of cure will still be the same, with an observance moreover of the precautions against contagion detailed in the Appendix to the following pages.

But suppose the patient to be affected, not

\* *Vide* page 35.



with the common continued fever of this climate, but with

**RHEUMATIC FEVER, or ACUTE RHEUMATISM**—To the common symptoms of fever before described, are in this case superadded violent pains and swelling of some of the larger joints, such as the shoulders, elbows, wrists, knees, and ancles.

Prescribe tepid mucilaginous diluents, such as gruel, weak tea, and toast-and-water, and evacuate the bowels by means of *Sulphate of Magnesia* (Epsom Salts), giving one ounce for a dose. If the feverish symptoms run high, with full and strong pulse, let ten or twelve ounces of blood be taken from the arm.

After this, give the *Antimonial Powder* (James's Powder) every night at bed-time, for three or four nights, in doses of four or five grains. If the bowels be costive, two grains of *Submuriate of Mercury* (Calomel) may be joined with each dose of the Antimonial Powder; and the *Salts* may be repeated in doses of half an ounce, or a quarter of an ounce, occasionally. The *Oleum Terebinthinæ Rectificatum* (Spirit of Turpentine) has been given with good effect, in doses of an ounce, as a purgative in this disorder. It may be given early in a morning; but it should not be begun upon till the patient

has taken two or three doses of Antimonial Powder and Calomel.

When copious evacuations have been procured, both by purging and sweating, if the pains of the joints continue so urgent as to deprive the patient of rest, an Anodyne may be given at bed-time. The *Compound Powder of Ipecacuanha* (Dover's Powder) is frequently prescribed—ten or fifteen grains for a dose—in these cases; but I prefer the *Extractum Hyoscyami* given at bed-time, in doses of five or six grains made into pills with three grains of rhubarb. At the same time, the *Tepid Evaporating Lotion*, recommended by Dr. Scudamore, may be used. It is composed of one part Spirit of Wine and three parts Camphor-Mixture—to be rendered luke-warm by the addition of a sufficient quantity of hot water. Dip linen rags in this lotion, and apply them to the affected joint, keeping them constantly wetted.

After this, give the *Powder of Cinchona* (Peruvian Bark) and *Magnesia*,\* forbidding animal food, and keeping the patient on a *milk diet*, with the addition of arrow-root-jelly, and tea, night and morning. The *Magnesia* is added to

\* *Powder of Cinchona and Magnesia*, composed of one scruple of the former, and five grains of the latter, to be taken every four or five hours.

the *Cinchona* that it may have a laxative effect ; for the *Cinchona* never agrees with patients labouring under acute rheumatism, unless it be so managed as to pass off freely by the bowels. From inattention to this circumstance, it has often aggravated instead of relieving the rheumatic affection.

There is another form of Rheumatism, without general febrile symptoms; and this is termed

**CHRONIC RHEUMATISM**—In which there are pains of the joints, with weakness or stiffness of those parts, but without accumulation of heat or increased vascular action.

Direct the patient to live on a milk and vegetable diet. Whey—cheese-whey—fresh from the dairy every morning, to be taken in the quantity of half a pint twice or thrice a-day. Keep the bowels open by means of *Submuriate of Mercury* (Calomel) and *Jalap*, (three grains of the former, and ten of the latter, for a dose,) given the over-night, and worked off the next morning with half an ounce of *Salts*, once or twice a-week.

Then prescribe half a drachm of the *Cinchona* (Bark) twice a-day, to be taken in milk-and-water.

The affected joints should be rubbed night and morning, either with Salad Oil or with the

*Linimentum Ammoniac Subcarbonatis*\* (Volatile Liniment). The friction should be gentle at first, and afterwards stronger; and should be continued each time for at least half an hour. It must be so managed as not to produce pain.

If the movement of the limb be not restored by this treatment, direct the affected leg or arm to be immersed in a warm salt-water bath,† every day for a quarter of an hour or twenty minutes each time: the middle of the day will be preferable to the night, sweating not being wanted; but if the whole body could be bathed in a warm salt-water bath, it would be still better. A flannel bandage round the swelled joint is also useful.

Having thus given some general instructions concerning the treatment of COMMON FEVER and RHEUMATIC FEVER, with its sequel, CHRONIC RHEUMATISM, I shall not attempt to offer any remarks relative to other fevers, such as Scarlatina, Small-Pox, Measles, &c. because these should be left to experienced Medical Practitioners. It may be proper, however, to

\* *Linimentum Ammoniac Subcarbonatis*—Made by mixing half-an-ounce of the liquor of subcarbonate of ammonia, with two ounces and a half of salad oil. When the swelling of the joint is not abated by this liniment, a blister should be applied.

† The proportion of salt to be 1lb. to a pailful of water.

add, that in the beginning of every fever, you may direct the patient to be kept cool, and to dilute with simple water and mucilaginous liquids.



## SECTION II.

SUPPOSE the patient not to labour under the general indisposition of fever, but to be affected with INFLAMMATION OF SOME PARTICULAR ORGAN OR VISCUS, how is this to be ascertained?

By organ or viscus is meant some internal part, which performs a peculiar function essential to life, sensation, or health: thus, the heart and lungs are viscera essential to the circulation of the blood, and consequently to life: the brain is an organ essential to sensation, and the various phenomena which depend upon it; and the stomach is a viscus essential to digestion and nutrition, without which health would first fail and life next.

Passing over Inflammation of the Brain (*Phrenitis*), and Inflammation of the Heart (*Carditis*), diseases too formidable in their nature, and too rapid in their progress, for your management, and fortunately of rare occurrence, comparatively with other internal inflammations, I proceed to

INFLAMMATION OF THE LUNGS, termed Pneumonia, or Peripneumonia.

This is a disease of very frequent occurrence in this climate, during the winter and spring seasons. It manifests itself by obtuse pain in the chest, difficult breathing, cough, and the general symptoms of fever. The cough is at first dry; but afterwards, an expectoration—frequently with streaks of blood—comes on.

The remedies are, copious blood-letting, a large blister to the chest, Antimonial Powder (James's Powder,) in doses of three or four grains every six hours—*Saline Mixture*\* and *dilution with warm decoction of barley*† (barley-water)—The warm pediluvium (foot bath) at night.

\* *Saline Mixture*.—Prepared with two drachms of subcarbonate of potash, and two drachms of crystallized citric acid, to be rubbed well together in a china bason, adding half-a-pint of water: sugar, which some persons mix with it, is an useless addition. Dose, a wine-glassful every four hours. If lemon-juice be used instead of the crystallized citric acid, the quantity of the juice should be two ounces, to two drachms of the subcarbonate of potash, and half-a-pint of water.

† *Decoction of Pearl Barley*.—Made by boiling two ounces of pearl barley in four pints of water, down to two pints. The barley to be previously washed with cold water, and boiled for some minutes in half-a-pint of water. This water to be thrown away, and the four pints of water, as first mentioned, to be added.



When the pain of the chest and febrile symptoms have abated, the *Oxymel of Squill* may be joined to the Saline Mixture, to promote expectoration. The proportions should be, six drachms of the Oxymel of Squill to half-a-pint of the Mixture.\*

In some cases, the *Tincture of Digitalis* (Fox-glove) is preferable to the squill. Five drops of the tincture may be added to each dose of the saline mixture.

When the disease is going off by expectoration, *Whey* will be a good common beverage.

PLEURISY (Pleuritis) is accompanied with the same general febrile symptoms as Peripneumony, and also with difficulty of breathing and cough; but the pain is not a dull or obtuse pain over the whole chest, but an acute pain in one side of the chest.

The treatment is the same with that prescribed in Peripneumony, except that the blister should be applied to the side affected, instead of the middle of the chest.

Of a kindred nature with Peripneumony is CATARRH, or what is termed a *Cold with Cough*; but the febrile symptoms are not so severe, nor is the difficulty of breathing by any means so great. The cough, from the beginning, is ac-

\* *Vide* page 18.

accompanied by an expectoration of mucus, and a sharp defluxion from the nose.

In Great Britain, there is no disease so frequent as this; and perhaps it is, of all diseases, that in which a person not of the Medical Profession may be of the greatest use.

*Decoction of Pearl Barley*\* should constitute the common beverage; and all kinds of animal food and fermented liquors should be forbidden, while the feverish symptoms continue.

The *Saline Mixture*† should be prescribed; and the *Linseed Infusion*, (commonly called Linseed Tea.)‡

If the bowels are costive, give half-an-ounce of *Sulphate of Magnesia* (Epsom Salts), and repeat the dose after the lapse of three or four days.

Where the CATARRHAL FEVER is considerable, a dose or two of the *Antimonial Powder* (James's Powder) may be given during the

\* *Vide* page 18.

† *Ibid.*

‡ *Linseed Infusion* is made by steeping near the fire for four hours, half-an-ounce of *bruised* linseed in a pint of *boiling* water. Then strain off, and add some brown sugar to it. Half a tea-cupful to be taken luke-warm frequently. This is the usual manner of preparing this medicine; but the process may be shortened by pouring hot-water on the bruised seeds, and boiling the whole for about five minutes; then strain off.



night, as directed under Inflammation of the Lungs.

By this mode of treatment at the beginning, a CATARRH is generally subdued in the course of a few days: but if, from neglect, the cough and fever should increase, with difficulty of breathing, and pain in any part of the chest, then recourse should be had to bleeding and blistering.

It is a very common practice to give opiates in this complaint, with a view of lulling the cough; but they are generally hurtful, so long as there is much febrile action. What answers much better, is the *Tincture of Digitalis* (Fox-glove), five drops of which may be added to each dose of the *Saline Mixture*.\* Where there is difficult expectoration of thick mucus, after the febrile symptoms have been removed, the *Oxymel of Squill* may be joined to the *Saline Mixture*, in the manner mentioned under Inflammation of the Lungs.

PULMONARY CONSUMPTION (Phthisis Pulmonalis).

This is another febrile disease of frequent occurrence in this climate; in which it is possible for you to be of considerable use.

\* *Vide* page 18.

Habitual cough and expectoration ; a sense of oppression or pain in some part of the chest ; languor and general debility, with a tendency to emaciation, are symptoms characteristic of the incipient stage of Pulmonary Consumption. To these symptoms are sometimes superadded spitting of blood.

As the disease advances, the cough becomes more troublesome, and the expectoration increases ; and what is expectorated is of a thicker consistence, and is more or less lumpy, and more or less discoloured. The respiration becomes more difficult, and the general debility greater. At the same time, the pulse becomes quicker, with flushing of the cheeks, burning heat of the palms of the hands and soles of the feet, and other symptoms of fever ; which is observed to come on twice in the day, viz. about noon, and in the early part of the evening. The feverish symptoms continue throughout a great part of the night, and are succeeded in the morning by profuse sweats. This is what is termed **HECTIC FEVER**. In this stage of the disorder, ulcerations and small abscesses are formed in the lungs, and the expectoration is evidently purulent.

The emaciation and debility go on continually increasing, while the cough and fever deprive the patient of sleep. At length a diarrhæa,

(looseness of the bowels,) interchanging with profuse perspiration, supervenes, and closes the melancholy scene.

In this lingering and insidious disease, you can be of great use in directing a proper *diet*. Recommend *Whey*, *Butter-Milk*, *Milk-Gruel*,\* and *Arrow-root Jelly*.†

Fermented liquors must be forbidden. A moderate use of ripe fruit—raw or baked—will be proper; and almost all the culinary preparations containing milk and eggs may be recommended, as well as simple jellies. Butter—unmelted and unsalted—may be allowed in any quantity. In these cases where the stomach and bowels will admit of a copious use of fresh butter, the greatest benefit will be derived from it. Consumption would be as frequent a disease in Norway and Lapland as it is in Great Britain, were it not for the vast quantities of butter—chiefly from reindeer-milk—that the inhabitants of those countries are known to consume at every meal.

\* By *Milk-Gruel* is meant an equal mixture of milk and gruel; the gruel (*thin gruel*) to be poured boiling-hot upon the cold milk.

† *Arrow-root Jelly*—Put two tea-spoonfuls of arrow-root powder into a bason; make it into a paste with a little cold water; then pour upon it half-a-pint of *boiling* water, stirring it all the time. Sweeten it with white sugar. Half a tea-cupful to be taken three or four times a-day.

One of the best medicines for the cough, is the *Linseed Infusion*\* mentioned under Catarrh. Its mawkish taste may be improved by adding some lemon-juice to it.

If there be a fixed pain in any part of the chest, with increased movement of the pulse; or much tightness across the chest, with difficult respiration, *Bleeding* will be necessary, and afterwards a *Blister*. The blistered part should be kept open for some weeks, by dressing it with the *Savine Ointment*. This is what is termed a perpetual blister. At the same time, the *Tincture of Digitalis* (Foxglove) may be given along with the *Saline Mixture*,† in the doses specified under Catarrh.

Where there is only a slight pain in some part of the chest, without increased movement of the pulse, and without difficulty of breathing, the employment of the lancet, and the application of a blister, may be dispensed with; and a *Burgundy Pitch Plaster* may be prescribed in their place. The pitch plaster should be large enough to cover a considerable extent of surface, and should be renewed when it falls off.

To promote expectoration, the *Oxymel of Squill* may be joined to the *Saline Mixture*,‡ in

\* *Vide* page 20.

† *Vide* page 18.

‡ *Ibid.*

the manner directed under Inflammation of the Lungs.

In the advanced stage of Consumption *Opiates* are indispensable. My usual anodyne in this disorder consists of three grains of *Extractum Hyoscyami*, and half a grain of *Opium*, given every night at bed-time, in the form of a pill. After some time, the quantity of the *Hyoscyamus* (Henbane) is increased to five grains. I have found this form of anodyne preferable to opium alone. When it has been continued for some time, it may be interchanged with the *Extractum Conii* and *Opium*, giving five grains of the former with half-a-grain of the latter, and gradually increasing the *Conium* (Hemlock) to eight or ten grains.

Where profuse sweats occur, give the *Infusion of Roses*,\* an ounce and a half (three table-spoonfuls) for a dose early in the morning, when the sweats come on, repeating the dose according to circumstances.

\* *Infusion of Roses*—Made by steeping a quarter of an ounce of dried damask-rose petals for half an hour in three-quarters of a pint of boiling water, adding, during the infusion, one drachm and a half of *diluted* sulphuric acid, and then straining off. Sugar, which is generally added, may well be omitted.—N.B. This infusion should always be prepared in glass or china vessels.

On the other hand, if the patient labour under diarrhæa (looseness of the bowels), give the *Chalk Mixture, with Tincture of Opium*.\*—In this closing stage of the disorder, the utmost that art can do is to mitigate urgent symptoms.

INFLAMMATION OF THE BOWELS (Enteritis) is manifested by violent pain in the abdomen, especially about the navel, increased upon pressure, and accompanied with costiveness, quick and hard but small pulse, with more or less of heat and thirst and other febrile symptoms. In the more aggravated forms of this disorder, vomiting is a frequent concomitant.

Let the patient be copiously blooded; after which let a large blister be applied to the middle of the abdomen, with a hole in the centre of the blister-plaster, to prevent the navel from being covered by it.

Prescribe a *Solution of Sulphate of Magnesia* (Epsom Salts,) to be taken in small quantities, frequently repeated. Thus, one ounce of Sulphate of Magnesia, dissolved in half-a-pint of

\* *Chalk Mixture, with Tincture of Opium*—Prepared by mixing half-an-ounce of chalk, three drachms of white sugar and half-an-ounce of gum arabic, with one pint of water. Add 40 drops of tincture of opium. Dose, three tablespoonfuls every four or six hours, till the diarrhæa be sufficiently checked.

water: two table-spoonfuls to be given every hour.

If the bowels should not be moved by the salts in the course of three or four hours, give half-an-ounce of the *Oleum Ricini* (Castor Oil) in a dose of the solution of salts; and repeat the oil, if needful, two or three hours afterwards. In case of vomiting, mint water may be used for preparing the solution of salts, instead of common water.

If these liquid medicines should not be retained on the stomach, or, if retained, should not procure evacuations by stool, prescribe *Submuriate of Mercury* (Calomel) and *Jalap*, in the form of a bolus or pills, viz. five grains of submuriate of mercury, and fifteen grains of jalap.

At the same time, *Purgative Clysters* may be prescribed—Thus, one ounce of sulphate of magnesia dissolved in a pint of warm water, with the addition of a good lump of lard, or two ounces of salad oil. This sort of clyster may be repeated every four hours, till sufficient evacuations are procured.

The diet should consist of gruel or barley-water taken warm; and to guard against sickness, these liquids should be swallowed in small quantities.



In some instances of Inflammation of the Bowels, after all attempts to procure evacuations by the remedies above-mentioned have failed, this object has been accomplished by the sudden application of cold to the abdomen. For this purpose, let a towel be dipped in cold water, and be laid over the region of the navel, renewing it frequently.

SORE THROAT (Angina.\*) Of this complaint two sorts, quite opposite in their nature, are extremely prevalent at certain seasons of the year. The one is the INFLAMMATORY SORE THROAT, termed QUINSY; the other, the ULCERATED SORE THROAT. By a little attention they may easily be distinguished from each other, which is the more necessary, as one and the same treatment is not adapted to both.

In the Inflammatory Sore Throat or Quinsy (Angina Inflammatoria,†) there is a considerable redness, with tumefaction and pain of the tonsils, accompanied by a full and strong pulse, and general symptoms of fever. In consequence of the swelling and inflammation of the tonsils,

\* The Greek Term *Cynanche* is adopted by modern Nosologists.

† *Cynanche Tonsillaris*, so termed, because the tonsils, or glands at the top of the throat, are affected with inflammation.



the patient has much difficulty in swallowing, and also some difficulty in speaking and breathing. The inflammation often extends to the whole of the membrane lining the back part of the mouth, termed the fauces. On inspection, these parts appear red and swelled, but not ulcerated.

When the fever is considerable, and the pulse very full and strong, *Bleeding* will be necessary; but where the febrile symptoms are moderate, *brisk Purging* will generally suffice.

Give four or five grains of *Submuriate of Mercury* (Calomel,) and ten grains of *Jalap*, promoting their operation by a *Solution of Sulphate of Magnesia* (Epsom Salts,) made with half-an-ounce of the salts to half-a-pint of water. One half of the solution to be taken three hours after the calomel and jalap powder; and the other half in the course of three hours more, unless the bowels shall have been previously moved.

Let the feet be bathed in hot water at bedtime, and a piece of flannel, moistened with the *Linimentum Ammoniac*,\* be put round the neck, to be moistened again with the liniment, whenever it becomes dry; but where the inflammation runs high, a *Blister* across the throat will be preferable.

\* *Vide* page 16.

Prescribe a *Vinegar and Nitre Gargle*,\* to be used frequently. It will also be useful to put into the mouth a small piece of *Nitre* (Sal Prunel,) which, gradually dissolving, causes a flow of saliva, and produces a cooling effect.

By these means, joined to a repetition of the purging medicines in a smaller dose, the inflamed tonsils are commonly prevented from proceeding to suppuration; but if this cannot be accomplished, direct the throat (fauces) to be steamed with hot water, to promote the breaking of the abscess: or, if the breathing as well as the swallowing be greatly impeded by the tumefied tonsil or tonsils, let them be punctured with a lancet; and let the fauces be afterwards well rinsed out, by gargling them with simple warm water.

Throughout the whole progress of the disorder, the *diet* should consist of watery tepid liquors; such as toast-and-water, barley-water, weak tea, whey, or warm milk-and-water.

ULCERATED SORE THROAT, or PUTRID SORE THROAT (Angina Maligna.†)—This species of Sore Throat is distinguished from the Inflam-

\* *Vinegar and Nitre Gargle*—Composed of, vinegar one ounce, nitrate of potash (nitre) one drachm, and water half-a-pint.

† *Cynanche maligna*.

matory Sore Throat or Quinsy, before described, by the circumstance of the tonsils and contiguous parts not being much tumefied, though of a red colour; and by the existence of ulcerous specks about the fauces. In consequence of the smaller degree of tumefaction, there is here little difficulty either in swallowing or breathing. —The pulse is also very different, being extremely small, frequent, and irregular. Moreover, this species of Sore Throat is contagious or infectious; but this is not the case with the Inflammatory Angina or Quinsy.

The **ULCERATED SORE THROAT** comes on with shivering and sickness, followed by heat, thirst, head-ach, restlessness, and great debility, flushing of the face, and hoarseness of voice. The eyes are generally more or less red. The pulse is small and often irregular; and in many instances, during the night, the head is confused.

As the ulceration of the throat increases (in which case the sloughs that were at first of an ash colour turn to a dark brown or black,) the breath becomes offensive, and a thin acrid fluid is discharged from the nose, giving rise to excoriation of the nostrils and lips; and a diarrhæa, or looseness, is often superadded to the other distressing symptoms.

Sometimes the face and neck, the legs and other parts of the body, exhibit an eruption, consisting of dark red, or brownish patches. The eruption comes out about the third day from the attack, and disappears in the course of a few days, but without being followed by any mitigation of the disorder.

Give an *Emetic*, consisting of one scruple (twenty grains) of *Ipecacuanha*, mixed up with a little water. After the operation of the emetic, if there be no diarrhæa (looseness of the bowels,) give ten grains of *Rhubarb*, and a quarter of an ounce of *Sulphate of Magnesia* (Epsom Salts) dissolved in two ounces of water.

Cleansing the throat well by gargles, is a main point in the cure. For this purpose, prescribe the *Rose Gargle*,\* which should be used frequently. In the intervals between gargling, the throat may be steamed with the vapour arising from hot vinegar.

The patient should be kept as cool as possible; and in warm weather the doors and windows of the bed-room should be thrown open.

\* *Rose-Gargle*.—Steep half-an-ounce of damask-rose petals in two pints and a half of boiling water for half an hour, adding, towards the end of the infusion, three drachms of *diluted sulphuric acid*. Then strain off.—Where there are large dark-coloured sloughs in the throat, one ounce of spirit of wine should be added to this gargle.

The face, neck, breast, and arms, should be quickly spunged with tepid vinegar and water twice a-day.

Give for drink, cold water or cold lemonade. In case of diarrhœa (looseness of the bowels,) and great debility, a small quantity of port wine may be added to the water or lemonade.

The *Muriatic Acid*, sufficiently diluted with water, is a remedy of great efficacy in this species of Sore Throat, when it does not disturb the bowels. The proportions should be one drachm of the acid to a pint of water, adding a few lumps of sugar. A wine-glassful of this *Muriatic Acid Mixture* may be taken every three hours.

Arrow-root jelly, with a small addition of wine, may be given to support the patient.

Where the debility is very great, with dark-coloured sloughs and ulcerations, and fetid breath, prescribe the *Acidulated Decoction of Cinchona* ;\* and between the intervals of administering this medicine; give cyder, or porter, or port wine, in small quantities.

\* *Acidulated Decoction of Cinchona* (or Peruvian Bark).—Boil one ounce of cinchona in a pint of water for ten minutes in a covered vessel; then strain off the decoction, and add to it one drachm and a half of *diluted* sulphuric acid. Dose, a wine-glassful every three hours. In many cases it may be useful to add one ounce of tincture of cinchona to this decoction.

## SECTION III.

WHETHER THE STOMACH AND BOWELS ARE DISORDERED?

Under Section I. when treating of the remedies adapted to Fever, I have enumerated some of the leading symptoms in DISORDERED CONDITION OF THE STOMACH; such as foul tongue, bad taste in the mouth, aversion to food, and load upon the stomach.

When these symptoms shew themselves, give a scruple (twenty grains) of *Ipecacuanha*, to excite vomiting: and if the bowels should be in a costive state, give the next morning either half an ounce of *Sulphate of Magnesia* (Epsom Salts,) or three grains of *Submuriate of Mercury* (Calomel,) and ten grains of *Jalap*.

After thus evacuating the stomach and bowels, (if no fever be present,) direct the patient to drink a tea-cupful of *cold* chamomile-tea twice a-day, repeating the opening medicines when costive.

But suppose, not the stomach, but the *Bowels* to be disordered.

The BOWELS ARE DISORDERED when the stools are *too many* or *too few*.

Healthy grown-up persons (for infants and children have more frequent evacuations) should

have one good evacuation by stool in the course of twenty-four hours. Two in younger subjects within the same space of time, will do no harm ; but more than two, by carrying off the food too rapidly, will induce more or less of debility. This *loose condition of the bowels*, termed **DIARRHÆA**, should therefore be restrained. This may generally be accomplished by directing the person to abstain from green vegetables, too much fruit, and malt-liquor. But if, notwithstanding this attention to diet, the looseness should still continue, give the *Rhubarb and Ipecacuanha Powder*.\*

Let the patient have *Arrow-Root Jelly* (without lemon juice;) and if there be no pain of the bowels, nor any feverish symptoms, let him have *weak warm brandy and water*, instead of his ordinary drink ; or, good *ginger-tea* taken warm, will often be preferable to brandy and water. He may also take warm *Chamomile and Ginger Tea*† twice a-day.

\* *Rhubarb and Ipecacuanha Powder*—Composed of, rhubarb five grains, chalk ten grains, ipecacuanha two grains ; to be taken night and morning.

† *Chamomile and Ginger Tea*—Prepared by steeping a quarter of an ounce of dried chamomile flowers, and a quarter of an ounce of ginger-root broken into small pieces, in half-a-pint (or about three-quarters of a pint) of boiling water for an hour. Dose, a wine-glassful.



If, notwithstanding these remedies, the looseness should still continue, *unaccompanied by griping pains*, give the *Chalk Mixture* with *Tincture of Opium*.\*

But suppose the disordered condition of the bowels to be the opposite to that just described, *i. e.* suppose the BOWELS to be CONSTIPATED :

In this case, give an ounce of *Sulphate of Magnesia* (Epsom Salts,) dissolved in a quarter of a pint of warm water.

If this should not operate in six hours, give half-an-ounce (a table-spoonful) of the *Oleum Ricini* (Castor Oil,) repeating the dose after the lapse of three hours, unless the bowels shall have been previously moved. If neither the Salts nor the Castor Oil should produce the desired effect, prescribe *ten or fifteen grains of Jalap*, and *five grains of Submuriate of Mercury* (Calomel).

The patient should abstain from all strong liquors, and take nothing but tea or thin gruel, till a sufficient number of stools shall have been procured.

If, in addition to CONSTIPATION, there should be acute pain in the bowels, with distension and soreness on pressure, proceed as directed under ENTERITIS, or INFLAMMATION OF THE BOWELS.

\* *Vide* page 26.



## SECTION IV.

I SUBJOIN a few remarks concerning the relief of CHILDREN, during DENTITION, in WORM Cases, and when affected with SCROPHULA.

The Teeth begin to make their way through the gums, from the fifth month after birth, to a year and a half, or two years. This process, called DENTITION, is often attended with great pain, producing a train of febrile symptoms, and sometimes fatal convulsions.

When the gums, at the places where the Teeth are about to protrude, appear swelled and inflamed, they should be lanced. For this purpose the Surgeons have what is termed a *Gum-Lancet*, that resembles the phlebotomy with which farmers bleed horses; but where this instrument is not at hand, a common pen-knife will answer. The operator should cut straight down through the gum. This division of the thickened super-incumbent flesh called gum, allows the tooth to come up; and the bleeding which follows, removes the local inflammation; so that the child is almost instantly relieved from pain, and its consequences.

Another very material point to be attended to during dentition is, to keep the bowels open,

The best medicines for this purpose are *Castor Oil*, and *Magnesia and Rhubarb Powder*.<sup>\*</sup> From a tea to a dessert-spoonful of the *Castor Oil* (*Oleum Ricini*) may be given for a dose, to be repeated every three or four hours until it operates. Or, the *Magnesia and Rhubarb Powder* may be given at bed-time, and repeated the next morning, if required.

When by these means you have acted upon the bowels, you may give the child from half a tea-spoonful to a tea-spoonful of *Syrup of White Poppy* (*Syrupus Papaveris*), at bed-time, if the child be kept awake at night by irritation and pain occasioned by the teeth; but never prescribe the opiate (*Syrup of Poppy*) until the bowels have been duly opened.

**WORMS.**—It rarely happens that a person passes from infancy to youth, without having **Worms**. Their presence is known by a pale countenance, swelled belly, slimy stools, offensive breath, picking of the nose, heat and feverishness at night, with grinding of the teeth and

\* *Magnesia and Rhubarb Powder*—Composed of, magnesia five grains, rhubarb five grains, and ipecacuanha one grain. The quantity of magnesia may be doubled, if the child be ten or twelve months old.

startings during sleep. If the stools are carefully examined, worms are found in them.

Give *Jalap and Calomel Powder*\* at bed-time, every fourth or fifth night, for three or four times, to bring the Worms away. Afterwards give *Rhubarb and Soda Powder*† every day, or every other day, to prevent their recurrence.

Young people, who are subject to worms, must abstain from green vegetables and raw fruit.

**SCROPHULA.**—Owing to bad diet, bad clothing, and want of cleanliness, SCROPHULA or the EVIL is very common among the children of the labouring poor.

This disease shows itself by swellings of the glands under the ears and by the sides of the neck. These swellings come on gradually, unaccompanied by fever,‡ and at first are hard and knotty, but in process of time they become in-

\* *Jalap and Calomel Powder*—Composed of, jalap six grains, calomel (submuriate of mercury) three grains: to be taken at bed-time in jelly or treacle.—The quantity of jalap may be increased to ten grains in children of five years and upwards.

† *Rhubarb and Soda Powder*—Composed of, rhubarb three grains, soda six grains: to be taken in a little milk, or sugared gruel, in the middle of the day.—In some cases, two grains of subcarbonate of iron may be added to this powder.

‡ Being without fever, and coming on gradually, distinguishes them from the Mumps.

flamed, suppurate and break ; giving rise to ulcers or sores which it is difficult to heal ; or, if the ulcers dry up during the summer and autumn, they break out again the ensuing spring, and in this manner the disorder is continued for several years.

Prescribe at intervals of five or six days *Jalap* at night, and *Sulphate of Magnesia* (Epsom Salts) the next morning. Suppose the patient to be ten or twelve years old, the dose of the *Jalap* should be eight or ten grains, and of the *Sulphate of Magnesia* a quarter of an ounce dissolved in a tea-cupful of warm water or thin gruel.

When these purgative medicines have been repeated three or four times in the course of as many weeks, give in lieu of them the *Rhubarb and Soda Powder*\* once a-day, as recommended in worm-cases. This may be continued for a month or six weeks.

Scrophulous subjects should be well protected by warm clothing against cold and damp. They should pay great attention to cleanliness, be much out in the open air, when the weather is favourable ; and avoid an inactive or sedentary life. They should have once a-day broth

\* *Vide* page 39.

with diuretic vegetables boiled in it, such as parsley-root, onions, celery, carrots.

When the tumours are merely hard without being inflamed, it will be sufficient to keep a piece of thin flannel or soft calico over them in the winter and spring ; but when they become inflamed and show a tendency to suppuration, a poultice of bread moistened with hot water should be applied ; and after they have broken, and become open sores, this poultice should be exchanged for one made of bread and salt-water—a quarter of an ounce of common salt to a tea-cupful of water. This poultice should be applied cold, except in winter, when it should be lukewarm.



## APPENDIX.

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WHEN a Fever is communicated from one individual in the same family to another, or from the inhabitants of one house (between whom an intercourse subsisted) to the inhabitants of another house, it cannot be doubted that the Fever is of a contagious or infectious description; and the necessary precautions should be adopted to prevent the contagion from spreading.

With this view, individuals as soon as they fall ill, should be separated from the rest of the family. Where Fever Hospitals (or Houses of Recovery, as they are termed,) are established, the patients should be immediately removed to them; but where such institutions are wanting, none but the necessary attendants should be permitted to have access to the sick.

With regard to the Sick-Chamber, it should be kept as clean, as cool, and as well ventilated as possible. All discharges from the patient's body should be removed as soon as they take place; and the room should be mopped with cold water every day; in warm weather there should be no fire in the room; and at such sea-

sons, the door and some of the windows should be kept open by night as well as by day. In severe weather, when the external air cannot be admitted by opening the windows, the door should nevertheless be kept open, and a current of air promoted by a moderate fire. It may be added, from Dr. Haygarth, that the bed-curtains should never be close drawn round the patient; but only on the side next the light, so as to shade the face.

The patient's linen should be changed every day, and his face, neck, and arms, should be washed or spunged, either with tepid water alone, or with tepid water mixed with vinegar. This should be done when the skin is hot and dry, but not when the patient is in a state of perspiration.

FUMIGATION,\* produced either by mixing sulphuric acid with common salt, or with nitre,

\* By adding sulphuric acid (oil of vitriol) to common salt, in a china-cup or glazed earthen vessel, and applying heat, Muriatic Acid Vapour is extricated. This is the *Muriatic Acid Fumigation*; and when the oxyd of manganese is used, the Oxymuriatic Acid Vapour (which is still more powerful) is disengaged. This is much employed in France; but in this country the preference is given to the *Nitric Acid Fumigation* which is produced by mixing together equal quantities of pulverised nitre and sulphuric acid (oil of vitriol,) in a china-cup or glazed earthen-vessel—half an ounce or an ounce of each, (*the nitre by weight, the acid by*



may also be resorted to ; but where cleanliness, coolness, and ventilation are well attended to, the Fumigating Process (except in cases of unusual malignity) may be dispensed with. Perfumes, of whatever kind, are injurious.

On removing the patient, or after recovery, the bed and bed-coverings should be washed and purified ; the room should be well scoured ; the walls and ceiling white-washed, then fumigated ; and, last of all, thoroughly ventilated, by having the doors and windows kept open for many days and nights. If these precautions be neglected, it is impossible to say how long the contagion may be harboured in the close habitations of the poor.

The *Personal Precautions against Contagion*, on the part of those who visit the infected, consist in not going into the sick-room early in the morning before food has been taken, or previously to being refreshed after great fatigue ; in

*measure,*) according to the size of the vessel ; stir the mixture now and then with a tobacco-pipe or glass-rod, carrying the cup about from one part of the room to another. White fumes will continue to be extricated for some hours. There is no occasion to apply heat. This Fumigation is used at the Fever Institution in London.—See Bateman on Contagious Fever.—N.B. This acid mixture must not be stirred, or come in contact, with any thing metallic, or any thing of wood.

not approaching too close to the bed, but keeping at a distance of about three feet; in holding to the mouth a handkerchief moistened with vinegar, thus avoiding to inhale the patient's breath; in not staying in the sick-room beyond a few minutes at each visit; in spitting out the saliva on retiring, and going immediately afterwards into the open air. It will also be proper to wash the face and hands in cold water, and to rinse out the mouth with the same, after each visit.\*

In regard to DIET, that which has been customary may be continued, provided it be free from excess, and consistent with general health. Where *Acids* do not disagree, they may be indulged in; and, in hot weather, a diminished proportion of animal food, and an increased proportion of vegetable food, will be proper. The *Cold Bath* (supposing nothing in the constitution of the party to forbid it) is also a good preservative. To these add a mind undepressed and free from apprehensions.

\* Haygarth's Rules for Preventing Infection, printed by the Society for Bettering the Condition of the Poor. Also a Pamphlet entitled, Instructions relative to Self-Preservation during the Prevalence of Contagious Diseases. London 1801, printed for Seeley.

# TABLE

OF

## MEDICAL WEIGHTS AND MEASURES.



### WEIGHTS :

The Pound (℔) Troy, contains 12 ounces.

The Ounce (℥) contains 8 drachms.

The Drachm (ʒ) contains 3 scruples.

The Scruple (ʒ) contains 20 grains.

The Grain is expressed by gr.

### LIQUID MEASURES :

The Pint (O)\* contains 16 ounces.

The Ounce (℥) contains 8 drachms.

The Drachm (ʒ) contains 60 minims† (minima).

\* O, for octarius, the new term for a pint, which used to be expressed by the same word (libra) and sign (℔) as the pound.

† The minimum (m) has been introduced for greater accuracy in place of a Drop—Gutta (gtt). Small graduated glass tubes, to be dipped into the required liquid, are employed for measuring minims ; but these tubes being expensive and not easily kept clean, country practitioners still adhere to drops.

